



Principal's Message

October...Bullying Prevention Month

Last week I wrote about Cyberbullying which is a subset of Bullying. As this week starts the month of October and October is National Bullying Prevention Month, it seemed a good time to go back and review the issue of bullying in school and what can be effectively done to prevent or respond to bullying actions. **Precisely defined, bullying is calculated, ongoing social or physical abuse that is aimed at a less powerful individual. Bullying is intentional and repetitive social and/or physical cruelty in which the targets cannot defend themselves.** Bullying results in harm being done to an individual. This harm can be physical, emotional and/or social. In bullying there is always a power imbalance with the targeted individual being unable to fight back against his/her aggressors. It is also, sadly, true that individuals who are targets of bullying often will not report this behavior to parents, teachers or other adults for a variety of reasons. This means that parents and school staff members must be highly cued in to changes in behavior of an individual that might reflect that the child is being targeted. Such changes may be seen as a change in personality (a previously happy child suddenly being sad) or a child who always looked forward to going to school or to an activity losing that desire or coming up with excuses not to attend. We know that children who are targeted can suffer depression, declining school performance, isolation and even suicidal ideation or acts of self-harming. Recognizing the signs in a child should spur us to action immediately. There may be other factors at work that are creating these changes but, often, we learn that students are being the victims of bullying behaviors. Schools have very clear patterns of responses when we become aware of a child or children engaging in bullying behaviors toward other students. Active and forceful intervention into the situation, involving the parents of both the perpetrator(s) and the target has proven very effective. Our Restorative Practices here at WHES have also provided another tool to break the bullying cycle. Nothing bad can come from a parent speaking with the school about a suspected issue, even if it turns out not to be bullying, we will have shed light on an important issue and appropriate interventions can be planned. Ignoring the signs can drive a child further into depression, despair, hopelessness, isolation and even self-harm. If you see signs, report!

One of the most positive deterrents to bullying behaviors that a school can take is building an environment of positive supports, a system that recognizes and celebrates compassion, acceptance of differences, and all students being welcomed within our community. All RSU #12 schools utilize the Positive Behavioral Supports and Interventions (PBIS) model to create the desired culture we all wish for our school community; one with clear expectations of behavioral norms and one that recognizes the positive contributions and efforts our students make each day. Through this work we seek to minimize the opportunity and acceptance of any negative behaviors being directed toward anyone. This PBIS model also activates the individuals who are most likely to observe bullying behaviors, other students (commonly referred to as bystanders), as they play an important role in both intervening into bullying behaviors or reporting them to adults when they do occur. Strong, empowered school citizens will take a stand against these types of negative behaviors existing in this school and will take appropriate action to thwart it.

Office: Please remember to send your child to school with a note if they are going to a different destination on the bus after school. It helps to avoid last-minute phone calls to the school, which can make dismissal very chaotic. We appreciate the advance notice and thank you for not calling with these changes after 2:00 p.m.

Food Pantry: Donations of Easy Mac and Chef Boyardee would be helpful. These kinds of foods are easy to heat up for our children who are left to make meals on their own. Thank you in advance!

Flocking for Food: The flock has been hiding out at school from the dreary, rainy days and will be moving out soon to a destination a little farther from home!!!

Health: Continuing on our sleep topic, here are some random sleep facts from the national institute of sleep!

- Humans are the only mammals that willingly delay sleep.
- We naturally feel tired at 2 different times of day, 2am and 2pm.
- Sleep is equally as important as diet and exercise.
- Scientists still don't know if animals dream like humans.
- Primary cause of sleepiness is SELF IMPOSED sleep deprivation.

PTA News: Thank you to everyone who purchased pumpkins to support our school!

Kitchen: Welcome to fall! With cooler temps arriving, our menu will have some changes as well. I will start offering a hot vegetable in addition to the salad bar. Our guidelines in foodservice direct us to have available and offer, fruits and vegetables each and every day. Each student choosing a hot lunch, must take either a fruit or vegetable. Each day, we have the salad bar available for students to choose vegetables from it, and a fruit choice at the serving window. If students choose not to take a vegetable, fruit is placed on their tray. If a student takes a vegetable, then fruit becomes an option of rather to take it or not. It is pleasing to see so many students come to the serving window with a large salad or even vegetables on their tray, and accept a fruit as well. Thank you to the parents for encouraging your children to try something new and to eat their veggies!!

Click below to check out the Whitefield School Collaborative Problem-Solving Project!

<http://www.svrsu.org/o/whes/page/whitefield-collaborative-problem-solving-project>

Grades Pre K- 2	Grades 3-5
<p>Pre K: This week in Pre K we have been learning about what a family is and the people that make up a family. We have also been learning lots of new songs and poems. Ask your children to share some of them with you! Just a reminder that NEXT Thursday is “Read With Me” from 1:15- 2:00 and family members are welcome to come in and join us.</p> <p>Beck: The K Krew had a great time last week at the Marple’s Farm. The weather was perfect for harvesting pumpkins! We also met “Max”, the Marple’s new puppy. Thank you to the upper graders for helping us gather the pumpkins! The pumpkins were sold this week (Thursday/Friday) by the PTA - with more sale dates to come! We could use some baby wipes in the K room.</p> <p>Lamothe: Congratulations to Skyler, Connor and Nieko. They were recognized at our Community meeting last week. We have been working on cvc words containing short a, e and o. The children are excited about how many words they are able to sound out! We have been working very hard on counting by 5’s as well as recognizing number words through 10. Writing is going smoothly. Many children have completed writing their first personal narrative. We continue to practice writing our lower case letters and numbers correctly. Star Student was River. We are in need of baby wipes for classroom cleanups.</p> <p>S. Brewer: We worked more with place value in math, personal narratives in writing, fluency and sight words in reading, and in our science unit on Erosion this week, we solved the Mystery, “How can you stop landslides after a wildfire?” Students designed their own ways to stop rain from washing away a model hillside. We are in need of small plastic baggies, red Solo cups, and cotton balls if anyone wishes to donate. THANK YOU!</p>	<p>Northrup: Your child is bringing home a math review packet with them today. Please go over this with your child this weekend so he/she can be successful on Monday for the chapter 1 assessment in math. “Practice Makes Progress”!!!! We are finishing up our unit on maps in social studies. We will be starting the rainforest soon. This is always a favorite!!! Student of the Week- Charlie Wish List- paper towels</p> <p>Trask: The trip to the HVNC was a great, “hands on” learning experience. The kids learned about trees that have needles and trees that are broadleaf, how they are different and some methods to recognize trees that look similar to each other.</p> <p>M. Brewer: We made final observations of our mold terrariums this week and made statements as to whether the condition we added preserved the foods or accelerated mold growth. We also began spelling this week! We are studying words with un, re, dis, mis, im, in, trans, and fore prefixes.</p>

PBIS News- Last week we celebrated the successes and achievements of students in grades Pre-K to 8th. I want to thank Ms. McCormick’s class for setting the bar high for future kickoff acts. The 5 P’s certainly will be back to PBIS assemblies as we work our way through. Students are working hard to earn Wildcat cards. As Fall approaches we will continue to remind students of the expected behaviors while in school. Thank you, everyone, that was able to come out to support our award recipients. Monday, October 7th, please have your child wear BLUE for to support Bullying Prevention!! We will be participating in the Duct Tape Challenge again this year!!!

Middle School News

McCormick: Ask your child about their archives project!! Also, don't forget cow chip bingo money is due on Friday!

Capen: Hello from middle school ELA! This week we are continuing to do our character work in class, and look at how setting can influence a character and their behavior. We are also learning about how much an author can influence a reader's perception of a character.

In reading we are almost finished our "All About Me" projects! Students are finishing the projects by completing a mini research paper about their dream career. I think they will be very proud when these projects are done!

Crowell: 6th graders have been working hard on their research projects... how people first came to the America's. They have also continued finding the areas of parallelograms and triangles. 7th graders begin creating a scaled drawing of the classroom and their bedrooms at home. 8th graders are deep into the aspects of angles, straight angles and triangles in geometry.

Resource News

Brann: Tips for helping with schoolwork: *Establish a regular time with your child to do homework. Developing a schedule helps avoid procrastination. *Show an interest in your child's homework. Inquire about the subjects and the work to be done. Ask questions that require answers longer than one or two words.

Grady/Richards: Please encourage your child to read their books to you each night! Your child may also be asked to practice sight words, sounds, etc,. By working together, we will see great growth. Don't forget to sign your child's reading log for Title 1 :) Have a great weekend!

SchoolStore Fundraiser update: The Winning Ticket has not been entered. The Golden Ticket is still in someone's hands.

A big "Thank You" to all our families who have participated in our SchoolStore email campaign. However, as of this morning... the winning Golden Ticket number has not been entered. If you have not participated, the winning ticket may be in your hands. Please help us raise the needed funds with this simple and safe email program by participating today. Your family may have the Winning Golden Ticket.

Art - Learning Commons - Music - PE

Howard: The Learning Commons has been busy! Students in grade 4 completed their Media Balance Unit with great discussions about how they balance their media use. Grades 2, 5 & 7 did an Aerodynamic project - teams had to build three paper airplanes to see how far they could travel - many looked on-line to see different designs to try - it was fun to see which ones traveled the farthest.

I also worked with many classes to practice using our on-line library catalog - Destiny. Students can see what they have out and search the collection for books of interest - they can do this from home as well. If you would like more information about our online catalog, please contact me at choward@svrsu.org.

Please click the following link to go to the Whitefield Town Library's homepage! <https://whitefieldlibrary.org/>

Simpson: We have been having so much fun in K-2 PE with our tag games! We have tried many new games over the past few weeks as students have practiced their locomotor skills. Ask your student how to gallop, slide, skip, etc. and you will be able to see how they are doing in the development of these locomotor movements. It's also great practice for them to repeat the rules and safety rules for our games. Ask them which tag game is their favorite and what the rules are for that game.

Have a great weekend!